

1                                   ABSTRACT OF THE INVENTION

2           An exercise assembly structured to direct the foot-ankle-  
3   leg, knee, etc. and associated portions of a person's body  
4   through a plurality of different paths of movement, wherein each  
5   path of movement comprises an at least partially different  
6   configuration such that exercise resulting from the various  
7   movements will be concentrated on predetermined portions of the  
8   body being exercised. The platform is suspended by a support  
9   assembly interconnected to a base and is preferably, but not  
10   exclusively, directed through the aforementioned paths of  
11   movement manually by the user. A sensor assembly including a  
12   processor may determine and store selected movements of the  
13   platform for graphical or other visual display to the user and  
14   for programmed duplication of the sensed paths movement when  
15   desired. A weight assembly including at least one but  
16   preferably a plurality of different weights are interconnected  
17   to the platform and extend outwardly therefrom to provide  
18   additional resistive forces to the user's foot, ankle, and leg  
19   as they are exercised.